

# immunizations for adolescents (11–18 years)

## INFORMATION FOR ADULTS WHO CARE ABOUT ADOLESCENTS

# what's up?

### What's it all about?

Adolescents need immunizations. They are just as important for adolescents as they are for babies and young children. Some immunizations such as hepatitis B; measles, mumps, and rubella (MMR); tetanus, diphtheria, and pertussis (Tdap); and varicella (chickenpox) are required for school.

Immunizations keep adolescents and their friends and families healthy by:

- Increasing their bodies' ability to fight diseases.
- Preventing the spread of disease to others such as family members who may not be fully protected.

### What can I do?

As parents and adults who care about adolescents:

- Make sure they get yearly health checkups that include immunizations. Use the recommended checkup at 11–12 years to make sure immunizations are up-to-date or to catch up on shots that are needed.
- Ask about immunizations at any visit, such as sports physicals and illness or injury visits.
- Get adolescents fully immunized before they graduate from high school. Vaccines for adolescents up to the 19th birthday are available for free through doctors and clinics participating in the Vaccines for Children program. They may charge an administration or office visit fee, but this can be waived.
- Ask your health care provider for a completed record of all their immunizations and bring it to every visit. Parents and guardians can also get a copy of their adolescent's immunization record from CHILD Profile, the state's Immunization Registry, by calling 1-800-325-5599. Adolescents may need their record to show proof of immunization for college, travel, employment, or the military.
- Talk with your health care provider if you have any questions about vaccines.

## Which immunizations do adolescents need?

Adolescent Immunizations (11–18 yrs.)	How many?	Notes
<b>Recommended for most adolescents.</b>		
<b>Tetanus, diphtheria, and pertussis (Tdap) and Tetanus – diphtheria (Td)</b>	<b>1 dose</b>	Tdap should replace one Td booster for all adolescents aged 11 and older. Adolescents who recently had a Td booster need to wait at least two years before they get Tdap.
<b>Human Papillomavirus (HPV)</b>	<b>3 doses</b>	For females aged 11–12 years and up to age 26 who have not been vaccinated.
<b>Meningococcal (MCV4)</b>	<b>1 dose</b>	For adolescents aged 11–18 years.
<b>Influenza (flu)</b>	<b>1 dose/year</b>	For all adolescents up to age 18 years.
<b>Catch-Up Immunizations</b>		
<b>Recommended for adolescents who didn't get these childhood vaccines.</b>		
<b>Hepatitis A</b>	<b>2 doses</b>	
<b>Hepatitis B</b>	<b>2 or 3 doses</b>	Adolescents aged 11–15 years may only need two doses of hepatitis B vaccine. Ask your doctor for more information.
<b>Measles, Mumps, and Rubella (MMR)</b>	<b>2 doses</b>	
<b>Polio</b>	<b>3 doses</b>	Only for adolescents younger than 18 years.
<b>Varicella (chickenpox)</b>	<b>2 doses</b>	Adolescents who had chickenpox disease don't need to be vaccinated, but date of disease needs to be recorded in their immunization record.
<b>Immunizations for Adolescents at Risk</b>		
<b>Recommended for adolescents with certain health conditions or weakened immune systems.</b>		
<b>Pneumococcal (PPV)</b>	<b>1 or 2 doses</b>	For adolescents with chronic conditions or weakened immune systems.

# IMMUNIZATIONS FOR ADOLESCENTS (11–18 years)

## INFORMATION FOR ADULTS WHO CARE ABOUT ADOLESCENTS

### Why does it matter?

**Immunization is the single most important way parents can protect their children from serious and sometimes deadly diseases.**

**Tetanus (lockjaw)** bacteria can enter the body through deep cuts or wounds. It can cause muscle spasms, breathing problems, and death.

**Diphtheria** spreads by coughing and sneezing. It can cause breathing and heart problems, coma, paralysis, and death.

**Pertussis (whooping cough)** spreads by coughing and sneezing. It causes coughing spells that make it hard to eat, drink, or even breathe. It can cause pneumonia, seizures, brain damage, and death. Adolescents can spread pertussis to family members such as infants who are not fully protected against the disease.

**Human Papillomavirus (HPV)** is a common virus that can cause cervical cancer and genital warts. Most people with HPV don't have symptoms, but they can still spread the virus through genital contact.

**Meningococcal** disease spreads by close contact with infected people through coughing, sneezing, kissing, or sharing anything by mouth such as utensils or toothbrushes. It can cause pneumonia, serious blood infections, meningitis (swelling of the covering of the brain and spinal cord), high fever, severe headache, light sensitivity, stiff neck, and a rash. Severe disease can cause brain damage and hearing or limb loss.

**Hepatitis A** virus spreads when a person puts something (food, water, hands, or an object) into her or his mouth that has infected feces on or in it. Hepatitis A spreads easily from one person to another in the same household or child care setting. Hepatitis A causes liver disease.

**Hepatitis B** virus spreads through contact with blood and other body fluids. It can cause long-term liver infection leading to life-threatening liver disease and liver cancer.

**Measles** virus spreads easily by coughing and sneezing. It causes a high fever, cold-like symptoms, and a rash. It can lead to pneumonia, hearing loss, brain damage, and death.

**Mumps** virus spreads by coughing and sneezing. It can cause headache, fever, and swelling of the cheeks, neck, or jaw. It can lead to hearing loss, meningitis (swelling of the covering of the brain and spinal cord), and brain damage.

**Rubella** virus spreads by coughing and sneezing. It can cause a mild fever and a rash on the face and neck. Pregnant women who get rubella can miscarry, or have babies who are blind, deaf, or have developmental delays.

**Polio** spreads easily when a person puts something (food, water, hands, or an object) into her or his mouth that has infected feces or saliva on or in it. It can cause permanent paralysis and death. There is no treatment for polio and it still exists in other countries.

**Varicella (chickenpox)** virus spreads easily by coughing and sneezing. It causes an itchy skin rash with blisters and fever. It can be severe, especially for adolescents and adults. Varicella can cause serious skin infections, pneumonia, and meningitis (swelling of the covering of the brain and spinal cord).

**Influenza (flu)** virus spreads easily by coughing and sneezing. Most influenza is mild in adolescents, but can be very serious for babies, older adults, and anyone with chronic conditions like asthma, heart disease, or diabetes.

**Pneumococcal** bacteria spreads by coughing and sneezing. It can cause serious blood infections, pneumonia, meningitis (swelling of the covering of the brain and spinal cord), and death.

**hot  
links!**

 **Health**  
DOH 348-104 November 2008  
[www.doh.wa.gov](http://www.doh.wa.gov)

Resources listed here are provided as a public service and do not imply endorsement by the State of Washington.

References for source materials are available from the Immunization Program CHILD Profile, 360-236-3595.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

**Washington State Department of Health**

[www.doh.wa.gov/cfh/Immunize/immunization/teens.htm](http://www.doh.wa.gov/cfh/Immunize/immunization/teens.htm) 1-866-397-0337

**School Immunizations** [www.doh.wa.gov/cfh/Immunize/schools/vaccine.htm](http://www.doh.wa.gov/cfh/Immunize/schools/vaccine.htm)

**Centers for Disease Control and Prevention**

[www.cdc.gov/vaccines/spec-grps/preteens-adol.htm](http://www.cdc.gov/vaccines/spec-grps/preteens-adol.htm)

1-800-CDC-INFO (1-800-232-4636) TTY: 1-888-232-6348

**Society for Adolescent Medicine** [www.adolescenthealth.org/parents.htm](http://www.adolescenthealth.org/parents.htm)

**Family Health Hotline** 1-800-322-2588

The Family Health Hotline can help families locate free or low-cost immunizations.



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# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **What's Up? Information for Adults Who Care About Adolescents  
"Immunizations for Adolescents" Fact Sheet (English version)**

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